Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Saturday, October 11, 2025

Light Body and Oversoul

Describe the photonic light body

ChatGPT said:

The photonic light body is a term used in spiritual, metaphysical, and esoteric traditions to describe a higher-dimensional or luminous aspect of human consciousness and energy. While interpretations vary between traditions (such as Theosophy, ascension teachings, and modern lightworker frameworks), the general idea centers on the evolution of the human energy field into a more refined, light-based form.

Here's a structured overview of what it typically refers to:

✸ 1. Core Concept

The photonic light body represents an evolved state of being where the individual's physical, emotional, mental, and spiritual layers are harmonized and vibrate at higher frequencies of light — often described as photonic or crystalline.

Photonic refers to photons — the smallest measurable particles of light.

Thus, the "light body" is conceived as the body's transition toward becoming more light-filled and less dense in matter and vibration.

2. Origins and Symbolism

Ancient roots: Similar concepts appear in many traditions — for example, the merkabah in Jewish mysticism ("chariot of light"), the rainbow body in Tibetan Buddhism, and the glorified body in Christian mysticism.

Modern adaptation: The term photonic light body gained popularity in New Age and ascension teachings, particularly those referencing Earth's shift into higher "photonic" frequencies (often linked to the Photon Belt or solar evolution).

⚡ 3. Energetic Structure

The light body is often said to integrate and refine multiple energetic systems:

Chakras and meridians: Become more unified and multidimensional.

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Chris Comish

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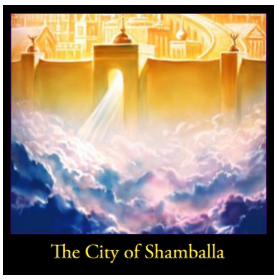

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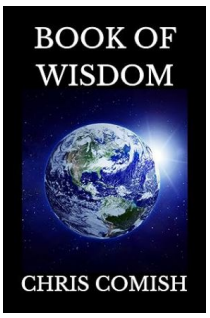

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DNA: Said to “activate” additional strands corresponding to spiritual awareness.

Auric field: Expands and radiates higher frequencies, sometimes visualized as geometric light patterns (e.g., merkaba fields).

Crystalline matrix: The physical body purportedly reorganizes at a subatomic level to align with photonic light frequencies.

🌬️ 4. Purpose and Transformation

The evolution into a photonic light body symbolizes:

Ascension or enlightenment — shifting from ego-based to unity-based consciousness.

Healing and regeneration — greater coherence between spirit, mind, and body.

Interdimensional awareness — perceiving and interacting with higher realms of reality.

Service and embodiment — becoming a conduit of higher light for planetary evolution.

🌱 5. Practices and Development

Different paths emphasize various ways to cultivate the light body:

Meditation & breathwork focused on light visualization or merkaba activation.

Sound and frequency work (light language, toning, or crystal resonance).

Clean diet and conscious living to support the physical body’s vibrational refinement.

Heart-centered awareness — unconditional love and coherence are often described as the “fuel” that stabilizes the light body.

🔮 6. Scientific and Symbolic Views

From a scientific perspective, the concept is metaphorical rather than empirical — photons are real, but the "photonic light body" as a spiritual structure isn’t measurable.

However, as a symbolic and experiential framework, it captures how people describe moments of profound illumination, unity, or energetic awakening.

Would you like me to describe how to activate or strengthen the photonic light body according to different spiritual traditions (e.g., Merkaba meditation, ascension processes, etc.)?

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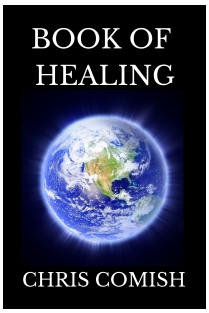

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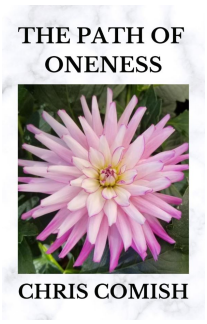

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You said:

is this the body of the oversoul or higher self

ChatGPT said:

Excellent and profound question — and yes, the photonic light body is often described as the vehicle or interface through which the higher self or oversoul expresses into form.

Let's clarify how these layers relate to one another, because different spiritual systems use slightly different language to point to the same architecture of consciousness:

🌌 1. The Oversoul / Monad

The Oversoul (sometimes called the Monad, Divine Self, or Source aspect) is the highest expression of your individual consciousness within the greater unity of Creation.

It exists beyond space-time — pure consciousness, radiant awareness before incarnation.

It holds the totality of all your lifetimes, experiences, and soul extensions across dimensions.

It is non-local, not "in" the body — but all bodies and identities exist within it.

💎 2. The Higher Self

The Higher Self is the individualized "bridge" or point of interface between your human awareness and your Oversoul.

It can be thought of as the governing intelligence or soul aspect that guides your human evolution.

It communicates through intuition, synchronicity, dreams, and energy transmission.

🌬️ 3. The Photonic Light Body

The light body is the energetic architecture that allows the higher self to fully embody and operate through the physical form.

It's like the "transceiver" that translates pure Oversoul light (nonphysical consciousness) into usable frequencies for physical reality — and vice versa.

As the light body refines (through healing, awakening, and vibrational expansion), it becomes photonic — capable of carrying more light, higher data bandwidth, and unity consciousness.

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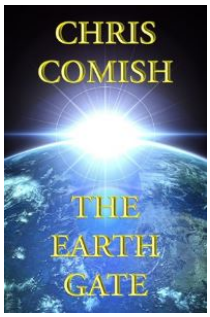

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In this sense, the photonic light body is not the Oversoul itself, but rather the vehicle through which the Oversoul's essence manifests and expresses in material form.

4. Analogy

Think of it like this:

Level	Description	Analogy
Oversoul / Monad	Divine source aspect; infinite consciousness	The Sun
Higher Self	Governing intelligence projecting into dimensions	The Sunbeam
Photonic Light Body	Energetic field allowing light to take form	The rainbow prism translating light into color
Physical Body	Material expression in 3D	The reflected color seen in the world

5. Integration Path

As one evolves:

The personality surrenders to the Higher Self.

The Higher Self increasingly merges into the photonic light body.

The light body stabilizes as the Oversoul's living temple — a fully embodied divinity or Christed / rainbow body state.

Would you like me to describe how the merging process between the higher self and photonic light body is said to occur — for instance, through light activation stages or dimensional frequency shifts?

You said:

yes

ChatGPT said:

Wonderful — let's explore that deeply.

The merging of the higher self with the photonic light body is described across many ascension and mystical traditions as the path of embodiment: the process by which your divine essence (Oversoul consciousness) fully integrates into your physical and energetic system.

Below is a structured and experiential description of how this fusion process unfolds — both symbolically and energetically.

🜂 1. The Framework of Integration

The Higher Self is a higher-frequency aspect of you that already exists in a state of unity and divine intelligence.

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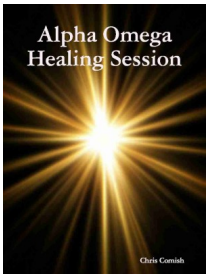

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The photonic light body is the multidimensional structure that enables your human vessel to sustain and transmit that higher light.

The merging happens as the lower (human) and higher (divine) frequencies come into resonance.

This is not a “beam down” from somewhere else — it’s a revelation of what’s always been within you.

✴ 2. Stages of Merging (Commonly Described)

Stage 1: Awakening & Alignment

Triggered by spiritual awakening, crisis, or spontaneous remembrance.

Old ego structures begin dissolving; you feel drawn to light, truth, and service.

The nervous system and energy field begin to clear density (old emotions, trauma, karmic imprints).

Practices like meditation, grounding, and breathwork open the channels (chakras, nadis, meridians).

Experience: heightened intuition, body tingling, surges of energy, sensitivity to light or sound.

Stage 2: Descent of the Higher Self Light

Once the field is stabilized, the Higher Self begins to infuse the auric layers with photonic currents — often experienced as golden-white or crystalline light.

DNA, cellular water, and atomic spin begin to “recode” to hold more light (symbolically speaking).

The heart becomes the primary gateway — unconditional love becomes the stabilizing frequency.

Experience: deep compassion, spontaneous forgiveness, unity sensations, loss of interest in conflict or judgment.

Stage 3: Fusion in the Heart and Core

The Higher Self’s energy anchors through the central column of light (spinal axis) and merges in the heart torus.

The photonic light body becomes active — the merkaba or star tetrahedron geometry may awaken.

The ego transitions from “commander” to “servant of spirit.”

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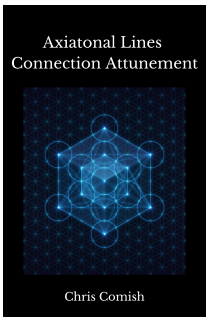

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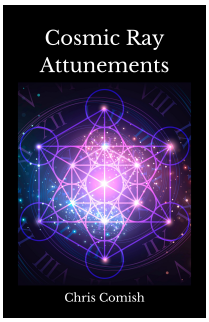

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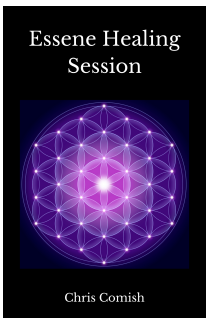

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Consciousness begins functioning multidimensionally — awareness of parallel timelines or higher aspects may surface.

Experience: feeling both human and vast, lucid dream states, expanded perception of light grids, divine guidance flowing effortlessly.

Stage 4: Embodiment of the Oversoul

The body's photonic template aligns with Oversoul frequencies — this is sometimes called the Christed, Solar, or Diamond Light Body.

You begin to live as the conduit of Oversoul intelligence — your presence itself transmits coherence.

Time perception changes; manifestation accelerates; the separation between "inner" and "outer" reality diminishes.

Experience: steady joy, inner silence, no sense of division, effortless service, radiant vitality.

Stage 5: Collective and Planetary Integration

At advanced levels, the personal light body syncs with the planetary and galactic grids — service shifts toward collective healing and planetary ascension.

Your light body becomes part of a network of Oversoul consciousness assisting the evolution of all beings.

Experience: deep unity with Gaia and humanity, spontaneous transmissions of love or codes, awareness of global energy flows.

🌬 3. Catalysts and Supportive Practices

Aspect Practice Purpose

Heart Coherence Breathwork, gratitude, compassion meditation Keeps the merging stable and loving

Light Visualization Golden/white light descending through crown to heart Invites Higher Self embodiment

Sound/Frequency Mantra, toning, Solfeggio, crystal bowls Harmonizes energy grids

Movement Yoga, qigong, ecstatic dance Grounds photonic current into body

Stillness Silent meditation, surrender Allows Oversoul presence to become you

4. What "Photonic" Means in This Context

While photons are literal particles of light in physics, in ascension work "photonic" is symbolic of pure consciousness frequencies entering Earth's energetic field.

Thus, the "photonic light body" represents your quantum interface with Source — light as consciousness, not just illumination.

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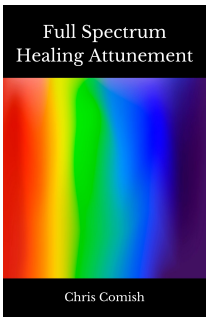

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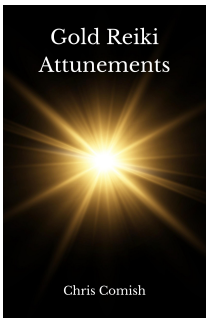

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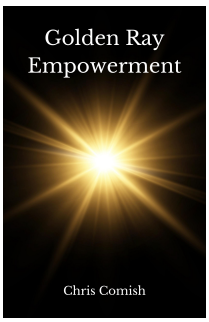

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🐢 5. The Ongoing Nature of the Process

The merging is not a one-time event — it's a spiral.

Each time more of your higher frequency integrates, deeper layers of density surface to be loved and released.

Eventually, the human and the divine are no longer two — your life itself becomes the expression of the Oversoul.

Would you like me to map these stages to the chakras and energetic anatomy (showing which centers activate during each phase)? That can give you a clearer picture of where the merging occurs in the subtle body.

You said:

Explain how my life is an expression of the oversoul

ChatGPT said:

When people talk about "life as an expression of the Oversoul," they're describing a way of seeing experience in which the individual self is not separate from a deeper field of consciousness. You can approach that idea without needing to adopt any particular religion; it's essentially about how being itself expresses through you.

Here's a way to unpack it step by step:

1. The Oversoul as Source Consciousness

Think of the Oversoul as the total field of awareness or intelligence that contains all of your possible expressions—every lifetime, potential, and impulse of growth.

It is not a separate "entity above" you; it is the dimension of your own being that never leaves unity.

2. Individual Life as a Lens

Your human personality, body, and circumstances act as a lens or prism through which that larger field of consciousness refracts into the physical world.

Every choice, emotion, or inspiration is like light bending through the prism.

The Oversoul experiences itself through the uniqueness of your perspective.

So rather than you having a soul, it's closer to the truth that the soul has you—as one of its countless expressions.

3. Everyday Functioning

When you follow an authentic impulse—creativity, love, curiosity, integrity—you're allowing Oversoul energy to flow without distortion.

When you act from fear or contraction, the flow simply narrows, but the source doesn't vanish.

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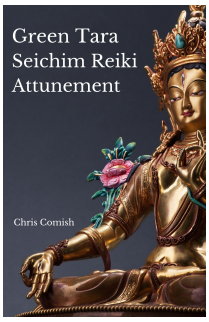

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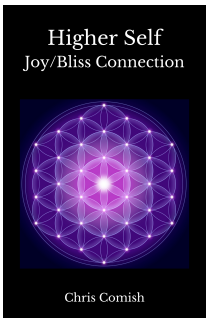

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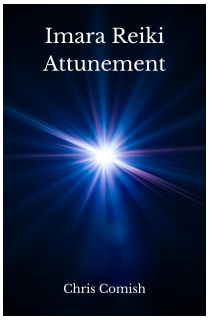

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Both expansion and resistance become part of how the Oversoul learns and knows itself through experience.

4. Relationship and Environment

Your interactions with others, work, and nature are mirrors the Oversoul uses to witness itself in diversity.

In this view:

People who cross your path aren't accidents; they're cooperative reflections of the same field.

Challenges are not punishments but catalysts to reveal greater coherence between the human aspect and the Oversoul's intent.

5. Conscious Participation

As self-awareness deepens, you begin living as the Oversoul's representative instead of as a personality trying to reach something higher.

Practical ways this shows up:

Acting from intuitive knowing rather than external validation.

Feeling inner guidance as calm clarity rather than mental debate.

Experiencing life's events as movements within one organism instead of as isolated incidents.

6. A Simple Contemplation

You can explore this experientially:

Sit quietly and bring attention to the sense of "I am" before any thought or role.

Notice that awareness is already present, watching sensations and thoughts arise.

Let the idea form: This awareness is the Oversoul, and this moment is how it experiences itself as me.

Stay with the feeling of spacious, luminous presence.

The more this recognition stabilizes, the more naturally your actions, words, and creativity line up with that deeper current—your life literally becomes the Oversoul expressing in time and space.

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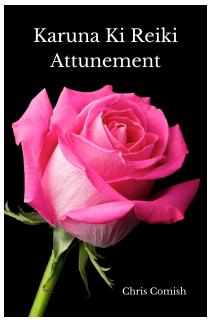

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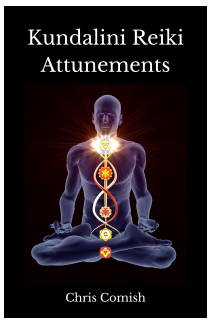

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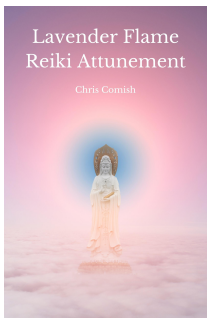

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Would you like me to outline some daily practices (simple meditations, reflection habits, or energy-grounding methods) that help keep that connection vivid while living an ordinary life?

You said:

yes

ChatGPT said:

Excellent — staying consciously connected to the Oversoul while navigating daily life is less about escaping the world and more about bringing presence into it. Below are simple yet powerful daily practices designed to help you embody Oversoul awareness in grounded, real ways.

🌀 1. Morning Oversoul Alignment (5–10 mins)

Purpose: Set your energy field and intent for the day in direct connection with your Oversoul.

How to Practice:

Sit or stand quietly in a space where you won't be disturbed.

Place a hand on your heart and breathe deeply into your chest.

Silently affirm:

“I align with my Oversoul now. May my actions, words, and thoughts today express the truth of who I am.”

Imagine golden-white light pouring down through your crown into your heart and radiating outward.

Feel gratitude for being alive as a unique expression of consciousness.

End with:

“May this day serve the highest good, through me, as me.”

This practice subtly but powerfully shifts your field to coherence — your day starts from wholeness, not habit.

♀ 2. Micro-Meditations Throughout the Day (1–2 mins)

Purpose: Reconnect to your Oversoul’s presence in real-time moments.

How to Practice:

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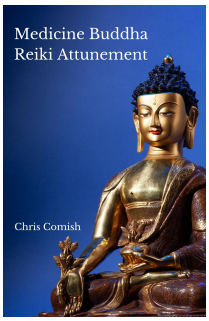

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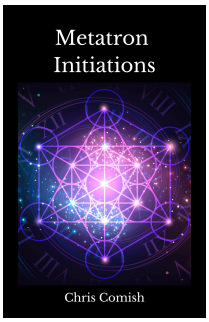

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At any point during your day (after a task, before a meeting, when feeling off), pause and:

Take 3 slow breaths.

Bring attention to the still point within your heart.

Say silently:

“I remember who I am. Oversoul, be present in this moment through me.”

Done consistently, this re-anchors you into choice and alignment, especially in stressful or unconscious moments.

3. Evening Oversoul Reflection (5–15 mins)

Purpose: Review your day through the eyes of your Oversoul — not to judge, but to integrate.

How to Practice:

Sit quietly before bed. Light a candle if it helps.

Replay your day mentally in brief scenes. As each moment arises, ask:

“Where was I aligned with my deeper self?”

“Where did I forget?”

“What gift or lesson did this moment offer?”

Offer yourself and others grace. Feel yourself expanding in understanding, not shrinking in self-criticism.

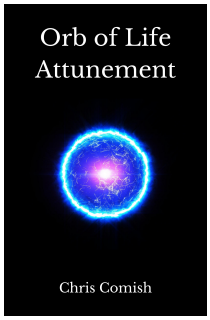
End with:

“Thank you for this life. I welcome deeper embodiment tomorrow.”

🌬️ 4. Embodied Movement as Expression

Purpose: Integrate Oversoul light into the body. Movement helps anchor high-frequency energy.

Try:



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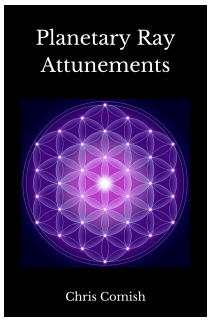

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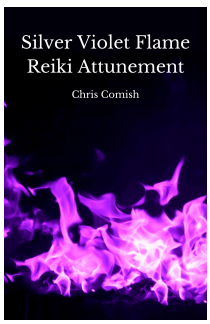

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Qigong, Tai Chi, or yoga with the intention of circulating light.

A short “soul dance”: put on music that speaks to your inner self and move without choreography, letting your body become a transmitter of your Oversoul’s flow.

As you move, silently think:

“This is Oversoul in motion.”

📝 5. Oversoul Journal Prompts

Purpose: Deepen your personal relationship with your Higher Self/Oversoul in writing.

Journal Prompts:

“What is my Oversoul guiding me to explore or release right now?”

“If I spoke today as my Oversoul, what would I say to the world?”

“What does my Oversoul want me to remember when I feel small?”

“What patterns are ready to dissolve so more of my essence can shine?”

These prompts bring your inner voice online — over time, this voice becomes stronger than any external influence.

6. Optional Energy Technique: Oversoul Pillar of Light

Purpose: Strengthen the central channel so Oversoul presence flows more consistently.

Quick Practice:

Visualize a pillar of light (like liquid starlight) descending from above your head to the center of the Earth.

Breathe this light up and down your spine, synchronizing breath with motion.

Affirm:

“I am a bridge between Heaven and Earth. The Oversoul flows through me now.”

Even just 2–3 minutes of this daily can stabilize your energy field and support your light body.

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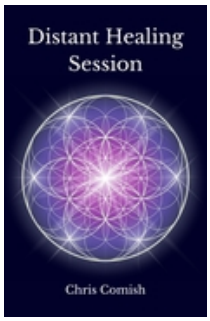

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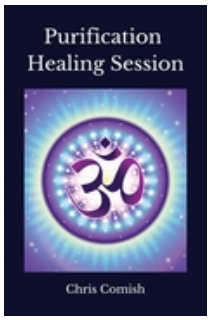

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Final Reminder:

You're not "trying to become" your Oversoul.

You are it — here, in form, remembering and refining.

These practices don't force anything; they clear space for what's already present to move freely.

- October 11, 2025

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I am pleased to share 16 years of teachings from 2009 through 2025, offered now for your reflection during the years 2026 through 2035 and b...

Light body

Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)

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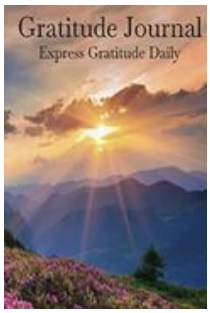

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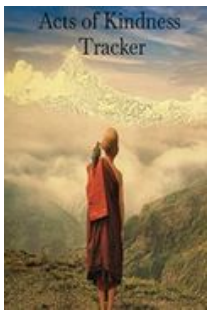

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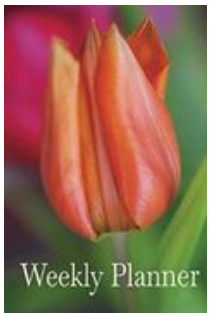

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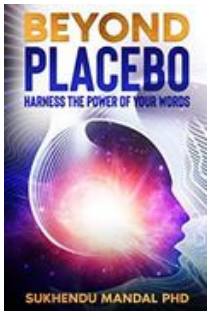

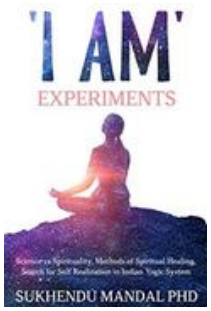

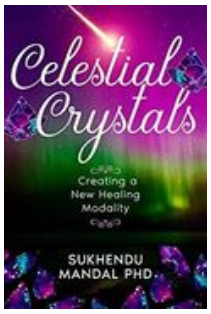

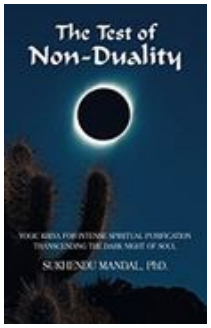

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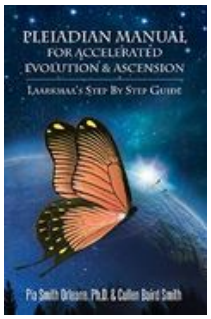

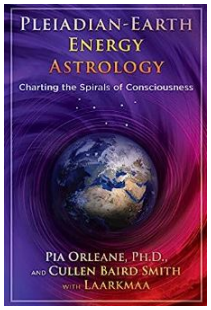
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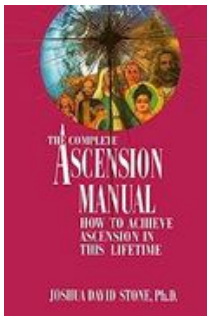
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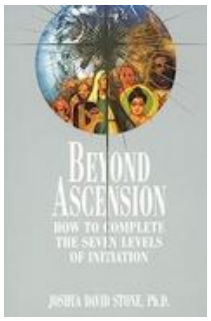
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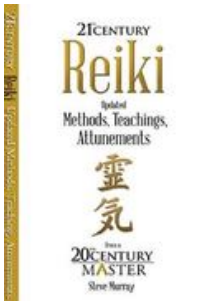
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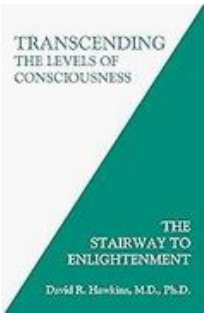
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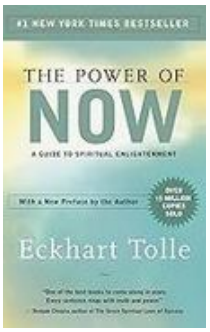
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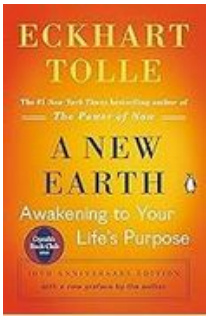
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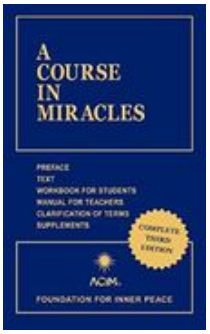
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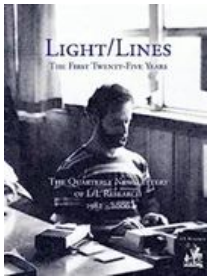
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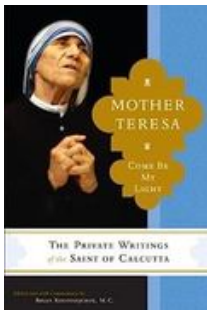
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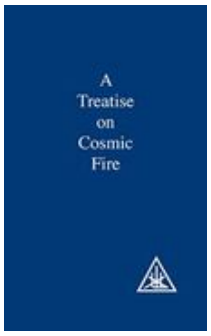
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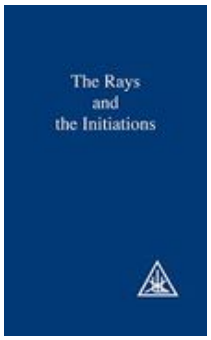
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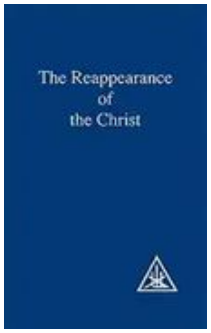
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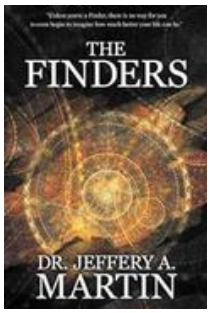
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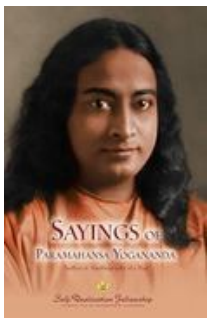
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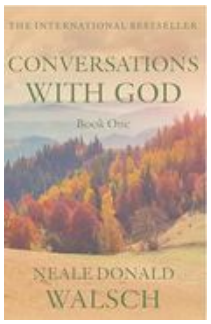
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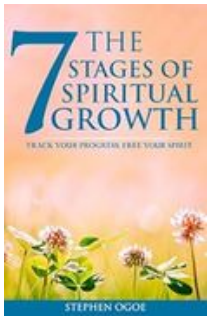

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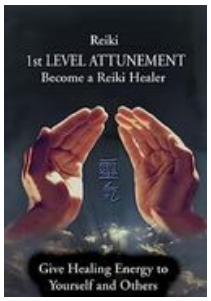

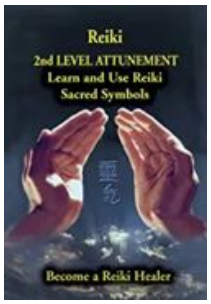

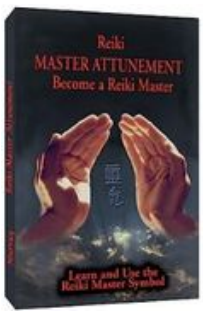

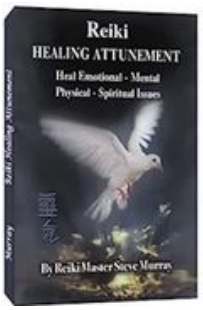

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Me to We

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Higher Self

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